



SPICED LENTIL & BEAN PATTIES

Vegetarian Main or grab & go option. This recipe provides a portion of protein. It counts towards the standard to provide a non-dairy source of protein at least three times each week for vegetarians. As this recipe is coated in bread-crumbs it is restricted. Foods deep-fried, batter-coated or bread-crumbed are permitted no more than twice each week.

Recipe adapted from: Bidvest 3663 Food Development team

Ingredients

200g red lentils, dried
 1tbsp olive oil
 150g onion, peeled and chopped
 800g canned red kidney beans, drained (drained weight 510g)
 200g canned butter beans, drained (drained weight 115g)
 200g canned borlotti beans, drained (drained weight 130g)
 20g (1 chilli) red chilli, deseeded and finely sliced
 20g fresh parsley, chopped
 100g wholemeal breadcrumbs

Method

1. Pre-heat the oven to 180oC/350oF/gas mark 4. Grease the baking tray.
2. Prepare the lentils according to the manufacturer instructions.
3. Heat the oil in and cook the onion for 5 minutes until softened.
4. Meanwhile, wash and mix the beans together. Set aside one third of this mixture.
5. Place two thirds of the beans in a blender and blend until rough paste is formed.
6. In a large bowl, combine the remaining one third of beans with the lentils, chilli, parsley, breadcrumbs and the blended beans.
7. Divide the mixture into balls and shape into patties.
8. Place on the greased baking tray and bake for 2-30 minutes, turning once until golden brown.

Serving suggestion: with seasonal vegetables and roast potatoes



Number of portions this recipe makes:

20 primary servings (85g)
 10 secondary servings (170g)



Prep: 15 minutes
Cook: 30 minutes



Allergy information:

Soya, sulphites, wheat (gluten)



Top Tips

Chill the patties for at least 2 hours before baking.

Government Buying Standards for Food & Catering Services:

Using the GBSF nutrition criteria to buy ingredients helps to reduce the amount of salt, saturated fat and sugar in children's diets.

For this recipe: choose oils based on unsaturated fats and bread with less than 1.0g salt per 100g.